



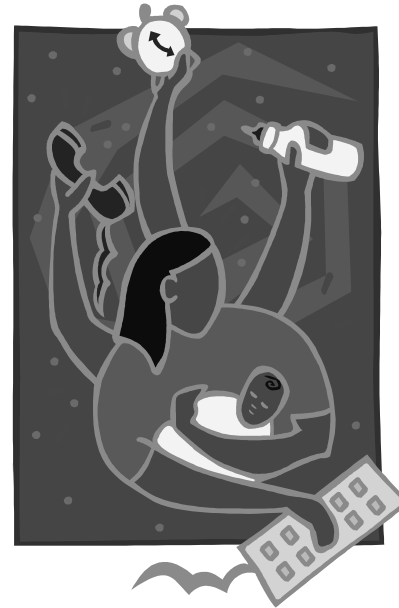
Independent Living Program

Department of Social Services
P.O. Box 8119
San Luis Obispo, CA 93403



INDEPENDENT LIVING PROGRAM

In Collaboration with:
**The Department of Social
Services and
YESS-CA of Cuesta College**



- *ILP Classes for High School and College Credit*
- *CYC and Speakers Bureau meetings every month*
- *Multiple resources listed to help you get what you need*
- *Fun events such as: Movie Night, Ropes Course and Awards Night!*
- *Volunteer Events and other free classes.*
- *Resources, resources and more resources!*

Presents:
ILP/YESS CLASSES & CYC

2009

Independent Living Program Staff

ILP Case Manager:	Katie McCain	788-2807
ILP Assistant Case Manager:	Kelley Hartman	781-1754
ILP Permanency Case Manager:	Summer Frappier	781-1753
ILP Employment Specialist:	Tiyana Nourbakhsh	781-1793
ILP Events/Class Coordinator:	Amanda Richardson	781-1920
CYC Coordinator:	Lisa Lopez	781-1815
ILP Clerical Assistant:		781-1939
YESS-CA Cuesta College Director:	Mimi-Feliciano-Hix	546-3156
Cuesta Career/Job Counselor:	Hunter Perry	546-3204
ILP Cuesta College Counselor:	Julie Vasquez	546-3204
Department of Social Services:		781-1700
Cuesta College Public Safety:		546-3205
ILP Fax:		781-1940
ILP Website:	http://academic.cuesta.edu/ilp/index.htm	

Earn High School and College Credit through ILP Classes!

- **ILP Classes** are held on **Wednesdays**. The time commitment is 5:00-8:00 pm, not including transportation time. (see calendar)
- You can earn **High School and College Credit** for participating in ILP classes. You will earn 1/2 unit for attending each **set of courses**. Each course consists of 3 classes. You have to **attend and participate** in the classes **to receive credit**. There are 4 different courses in this semester (Jan-May). Therefore, **you may earn up to 2 college units which is equal to 5 high school elective credits in one semester!** (you will register in class on the first day)
- **CYC** (California Youth Connection) and **Speakers Bureau** will be held on selected **Thursdays** of each month (see calendar). The time commitment is 5:30-7:30 p.m., not including transportation time. **You do not receive units for CYC or Speakers Bureau—Instead you will receive a \$25 check for your participation.**

Friday Night Live

Offers opportunities for youth to engage in drug & alcohol free events that encourage community involvement, advocacy & develops healthy meaningful relationships

For More information call:

788-2055

Or see the website at <http://www.slofnl.com/>

Safe and Sober

A Support group for women surviving substance abuse and domestic violence. The group is facilitated by a licensed therapist.

- Develop better coping skills
- Create healthy relationships
- Achieve higher levels of self-esteem

For more information call: 473-6507

TAPP

(Teen Academic Parenting Program)

Provides case management services, education and support groups for pregnant and parenting teens, including teen fathers

- Serves females and males between 12 and 21 years old.
- Referral and appointment required... either by Social Services, Public Health, school or other entity.... Let us know if you are interested!

Toll Free 24-hour information 800-546-8989

**If you would like to give ILP any feedback you can email
Amanda at arichardson@co.slo.ca.us**

T.E.A.M. Cuesta

Teaching Each Aspiring Mind

Skills to Work toward a Career

6-Week Program Leading to Job Placement in a career-oriented job

- Develop a job readiness portfolio
 - Learn computer basics
 - Talk to local employers
- Practice the job skills employers value most
- Review Basic Skills or finish your G.E.D

Start Anytime!

For more information call **591-6272** or **237-4751**



ALPHA

(Acceptance-Life-Professional-Help-Alternatives)

Pregnancy and counseling support center

- Free pregnancy tests and counseling, adoption and post-abortion counseling
- Medical, financial, housing, and legal assistance
- Maternity and baby clothing and equipment, diapers, food vouchers, and transportation.
- 24-hour hotline for crisis situations
- No qualifications and No fees

Call: 541-3367 or Hotline: (805) 541-2273

What is California Youth Connection?

CYC is a youth run advocacy group that works to improve the foster care system:

- We go on trips to fun places
- We speak on behalf of all foster youth
- Meet new friends
- Make a difference for others in the system
- It is a great resume builder

Come check it out!!!!

ILP Classes & CYC Event Rules

1. ILP will send out a **flyer** each month from which you must **RSVP by the deadline date**. Or, RSVP on our **website**, just click on the event and email us!
2. ILP will call you a few days before the class or meeting to confirm your attendance. The time of pick-up will vary slightly depending on how many students the driver is instructed to pick up. However, **you must be ready for pick-up in the time frame ILP gives you!**
3. If ILP provides transportation, you will be dropped off where you were picked up **unless otherwise pre-arranged with ILP Management.**
4. NO SMOKING.
5. You must be **respectful** of the instructor and other students.
6. You must remain in supervision at all times.
7. No inappropriate language.
8. If unable to attend an ILP class, you must call **Amanda at 781-1920** with at least a days notice, prior to the driver coming to pick you up! If unable to attend CYC or Speakers Bureau you must call **Lisa at 781-1815.**
9. ILP provides **FOOD** at most classes and meetings.
10. You must **participate** in the classes in which you RSVP to get that **Credit!!**

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 CYC	9	10
11	12	13	14 Domestic Violence Class	15	16 Movie Night!	17
18	19	20	21 ILP Registration	22 CYC	23 Success at Play	24
25	26	27	28 ILP CLASS 1A	29	30	31

Classes and Meetings

- CYC: - (1/8) - 5:30-7:30pm at DSS-San Luis Obispo
- Domestic Violence Training: - (1/14) - 6-9pm at Cuesta -SLO Rm 7250 - Free - No Transportation Provided
- ILP/YESS Movie Night! - (1/16) - Downtown SLO—Time TBA
- ILP Registration Night: - (1/21) - 5:00-7:00pm at DSS in SLO
- CYC: - (1/22) - 5:30-7:30pm at DSS-San Luis Obispo
- Sensory Changes for Success: - (1/23) - 9:30-10:30am at 750 Farroll Rd, Unit E, in Grover Beach - FREE, NO TRANSPORT
- ILP Class 1A—Staying Healthy: - (1/28) - 5:00-8:00pm at Cuesta College in SLO Rm 4750

ILP will provide transportation to ILP Classes and CYC / Speakers Bureau
 Ask your Case Worker for a possible ride to purple classes
 For information on classes in purple call Mimi at Cuesta: 805-546-3156
 Some CYC dates are subject to change.
 Check the ILP website or look to our monthly flyer for updates and other Events.

Youth Work Readiness Program

Private Industry Council of San Luis Obispo County (PIC):

- Career exploration
- Basic skills development
- Computer skills
- Work readiness preparation
- Interview training
- GED preparation
- Internship/work experience
- Work habit development



Creekside Career Center (SLO and South County): 788-2601
Kristina Bennett (Paso Robles Independent Study): 238-7032

ROCKIES

Morro Bay Teen Center

Located at 231 Atascadero Road in front of Morro Bay High School.

Come hang out! Surf the 'Net, play Ping Pong, Guitar Hero or any other video game on any game system.

For More Info: 772-6279.

Creative Mediation Services:

- Conflict resolution for anyone in SLO county
- Turn conflict into opportunities for mutual gain and positive change
- Varies from free to low cost

For more information call 805-549-0442

Central Coast Narcotics Anonymous

Call 549-7730 or 1-800-549-7730 for more information
 on class times and locations.

Community Presentations

Women's Self Defense Workshops

(Pre-registration is required)

Every 1st Monday of the Month

For more information call the **SARP Center: 545-8888**

Or for 24 Hr Crisis Support call: **1 (800) 656-HOPE**

Domestic Violence Groups for Teens:

Women's Shelter Program of SLO County:

Call: **473-6507**

Eating Disorder Support Groups:

Free on-campus support groups at local schools in conjunction with N. County Women's Resource Center.

Call **Cyndy Smith** at: **805-462-1503** for more Info.

EOC Free Health Services for Males and Females:

For help with:

Contraception, STD's, Pregnancy Tests and more

For **SLO** Call: **544-2478** and

for **Arroyo Grande** Call: **489-4026**

Al-Anon/Alateen

Alateen is for young people whose lives have been affected by someone else's drinking. Even though the active drinking may have stopped, the active drinker may not live with us any more or the alcoholic may be recovering in AA, we are still affected.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

For More Information, and to find a meeting near you call: **805-534-9204**

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 ILP Class 1B	5 CYC	6	7
8	9 Beyond Google	10	11 ILP Class 1C	12	13	14
15	16	17	18	19 CYC	20	21
22	23	24	25 ILP Class 2A	26	27	28 Volunteer Day—ILP

Classes and Meetings

- ILP Class 1B—Staying Healthy: - (2/4) - 5:00-8:00pm at Cuesta College in SLO Rm 4750
- CYC: - (2/5) - 5:30-7:30pm at DSS-San Luis Obispo
- Beyond Google: - (2/9) - 11:30am-12:30pm NCC Rm 3009
- ILP Class 1C—Staying Healthy: - (2/11) - 5:00-8:00pm at The Center (EOC) - 1152 E. Grande Ave Arroyo Grande
- CYC: - (2/19) - 5:30-7:30pm at DSS—San Luis Obispo
- ILP Class 2A—Finding Your Future (Career Exploration and Employment) - 5:00-8:00pm at Cuesta College in SLO Rm 4750
- ILP Volunteer Day: - (2/28) - Time and Place TBA

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ILP will provide Transportation to ILP Classes, CYC / Speakers Bureau
For information on all other classes listed call **Mimi** at Cuesta: **805-546-3156**

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 ILP Class 2B	5 CYC	6	7
8	9	10	11 ILP Class 2C	12 Math-Study Smarter	13	14 Land Conservancy
15	16	17	18	19 CYC	20	21
22	23	24	25 ILP Class 3A	26	27	28
29	30	31				

Classes and Meetings

- ILP Class 2B—Finding Your Future (Career Exploration and Employment): - (3/4) - 5:00-8:00pm at Cuesta College in SLO
- CYC: - (3/5) - 5:30-7:30pm at DSS in SLO
- ILP Class 2C—Finding Your Future: - (3/11) - 5:00-8:00pm at Cuesta College in SLO
- Math-Study Smarter: - (3/12) 2:00-3:00pm Cuesta Rm 3311
- Land Conservancy Volunteer Day: - (3/14) - 9am-12pm in SLO
- CYC: - (3/19) - 5:30-7:30pm at DSS in SLO
- ILP Class 3A—Community Living A—Locating Resources: - (3/25) - 5:00-8:00pm at Cuesta College in SLO

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ILP will provide transportation to ILP classes and to CYC / Speakers Bureau
For information classes listed in purple call Mimi at Cuesta: 805-546-3252

Some class times are subject to change. Check the ILP website or look to our

Students in Workplace Readiness Cuesta College Course Can:

- Earn 10 High School Elective Credits & 3 College Units!
- Participate in Ongoing Semester Classes at most of the County High Schools
- Participate in Cuesta College Orientations
- Learn about Programs Available when attending Cuesta including how to get free money for college!
- Participate in Innovative Work Readiness Activities
- Access Job Placement Assistance

SIGN UP NOW!

For More Information, please contact:

Jeff Stein at
Cuesta College:
(805) 546-3100 ext 2255

Or
Hunter Perry
Career Connections at Cuesta College
(805) 546-3100 ext 2185
or (805) 546-3204

"Introduction to Workplace Readiness"**Cuesta College****Workforce Development Projects**

*A Semester Long Series of:
Workplace Readiness & Job Retention Seminars*

Spring 2009 Classes are Located at:**Liberty High School**

Wednesdays at 4:00pm starts 1/21/09

Thursdays at 4:00pm starts 1/22/09

*This class meets once a week for twelve weeks***Arroyo Grande High School**

Tuesdays at 4:00pm starts 1/20/09

Thursdays at 4:00pm starts 1/22/09

Nipomo High School

Tuesdays at 4:00pm starts 1/20/09

Wednesdays at 4:00 pm starts 1/21/09

Atascadero High School

Thursdays at 4:00pm starts 1/22/09

San Luis Obispo High School

Wednesdays at 4:00pm starts 1/21/09

Morro Bay High School

Thursday at 4:00pm starts 1/22/09

*Classes Meet Once a Week for Eighteen Weeks***Sign UP NOW! Don't Wait!****April 2009**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ILP Class 3B	2	3	4
5	6	7	8 ILP Class 3C	9 CYC	10	11 Ropes Course
12	13	14	15	16	17	18 Positive Parenting
19	20	21	22 ILP Class 4A	23 CYC	24	25
26	27	28	29 ILP Class 4B	30		

Classes and Meetings

- ILP Class 3B—Community Living A: - (4/1) - 5:00-8:00pm at Cuesta College in SLO
- ILP Class 3C—Community Living A: - (4/8) - 5:00-8:00pm
- CYC: - (4/9) - 5:30-7:30pm at DSS in SLO
- Ropes Course: - (4/11) - 1-4pm at Cal Poly San Luis Obispo
- Positive Parenting Series: - (4/18) 9am-2pm at ABC Church in Atascadero
- ILP Class 4A—Community Living B (Developing Connections): - (4/22) - 5:00-8:00pm at Cuesta College in SLO
- CYC: - (4/23) - 5:30-7:30pm at DSS in SLO
- ILP Class 4B—Community Living B: - (4/29) - 5:00-8:00pm at Cuesta College in SLO

ILP will provide transportation to ILP classes, CYC / Speakers Bureau
 For information on classes listed in purple call Mimi at Cuesta: 805-546-3252
 Some class times are subject to change. Check the ILP website or look to our monthly flyer for updates.

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Cal Poly Farm
3	4	5	6 ILP Class 4C	7 CYC	8	9
10	11	12	13	14	15 Foster Family Retreat	16 Foster Family Retreat
17	18	19	20	21 CYC	22	23
24	25	26	27	28	29	30
31						

Classes and Meetings!

- Cal Poly Farm Volunteer Day: - (5/2) 11:00am—1pm
- ILP Class 4C—Community Living B: - (5/6) - 5:00:8:00pm at Cuesta College in SLO
- CYC: - (5/7) - 5:30-7:30pm at DSS in SLO
- Foster Family Retreat: - (5/15-5/16) - (5:30-9:30pm Fri) and (9 am-7pm Saturday) at Trinity Lutheran Church in Atascadero
- CYC: - (5/21) - 5:30-7:30pm at DSS in SLO



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ILP Provides Transportation to ILP Classes and
CYC / Speakers Bureau meetings
Please refer to our monthly flyer for updates, or look to our ILP
website!

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 CYC	5	6
7	8	9	10 ILP Awards Night!	11	12	13
14	15	16	17	18 CYC	19	20
21	22	23	24	25	26	27
28	29	30				

Classes and Meetings!

- CYC: - (6/4) - 5:30-7:30pm at DSS in SLO
- ILP Awards Night!: - (6/10) - 5:30-8:30pm
at Cuesta College in San Luis Obispo
- CYC: - (6/18) - 5:30-7:30pm at DSS in SLO



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ILP will provide transportation to Awards Night, and CYC /
Speakers Bureau
Look to our monthly flyer for updates, or take a look at our
website!